

IN UTERO - Impact of the early environment on LIFE

By San Gabriel Valley Child Abuse Prevention Council & SPA 3 Birth to 5 Collaborative



WHEN

Friday, April 29, 2016 from 8:30 AM to 12:00 PM (PDT)

WHERE

Performing Arts Center of Baldwin Park - 4640 Maine Avenue, Baldwin Park, CA 91706

A screening of the documentary film **IN UTERO** which will showcase enlightening and oftentimes poignant interviews with experts and pioneers, **IN UTERO** paints a complex tapestry of the human experience from conception to birth. Tapping into cultural myths, popular movies, and technological trends, the film demonstrates how our experiences in utero preoccupy us throughout our lives.

Experts in the fast-growing field of epigenetics explain that we are not only our genes but a product of our environment as well, a proven fact that changes our perception of stress and exposures to the environment during pregnancy. The film looks at how these environmental effects are passed down through the generations through our genes, making it scientifically plausible that a traumatic event that affected your grandma could leave a mark on your genes.

A panel discussion will follow the film presentation. The event will close with a presentation by Caron Post, Ph.D., regarding the intergenerational transmission of trauma and the power of resilience.

Speaker Biography: Dr. Caron Post is a licensed clinical psychologist and psychotherapist with over 25 years of clinical experience. Her areas of focus include depression and anxiety, loss and grief, life transitions, stress management, relationship issues, and perinatal mood disorders including the transition to motherhood and postpartum depression. She received her doctorate in clinical psychology from New York University in 1998. Dr. Post is also the Executive Director of [Maternal Mental Health NOW](#), a non-profit in Los Angeles

1.5 hours CEUs for this event is pending approval for Psychologists, LCSWs, LMFTs, Nurses and Substance Abuse Counselors.

To register: <https://in-utero.eventbrite.com>